

# Happy Spring!

The **Burke/West Springfield Senior Center Without Walls** (CWoW) had a fantastic Winter session of classes and is very much looking forward to **Spring Classes** beginning the week of **April 11<sup>th</sup>**. Some of the Highlights from the Winter Session include:

1. Partnership with the Shepherd Center of Burke-Fairfax and Easter Seals to offer the Winter Session classes free-of-charge.
2. The launching of the CWoW Website at [www.scwow.org](http://www.scwow.org) - please take a look!
3. Finalization of the by-laws for the CWoW advisory council.
4. Introduction to some new organizations who are interested in donating their facilities.

CWoW is growing by leaps and bounds each season and we are hoping that our participants and volunteers will spread the word as we continue to grow!

## The Spring Session!

ZUMBA! has arrived! And CWoW is very excited to make it available this session. A third Line Dancing Class is also being added and will be instructed by none other than Susie Thompson. We were also able to add two sections of Yoga and Tai Chi for the spring which should allow us to double our participation from the winter. Please take a look at the Spring Session Class Offerings and register following the rules below. CWoW is looking forward to having you join us this Session:

### Registration:

1. Begins March 30<sup>th</sup>, **no registrations will be accepted before this date at 9:00am.**
2. Classes are filled on a **First Come, First Served Basis.**
3. Each class costs \$5.00 per 8-week session for residents of Fairfax County, \$10.00 for non-residents.
4. **Only in-person or mailed registrations will be accepted.** No emailed registrations will be allowed.
5. Sections (i.e. Yoga, Section I) does not indicate level of ability unless otherwise noted.
6. In cases where two Sections of classes are being offered (with the exception of Line Dancing) participants will only be allowed to register for one section. On your registration form, please indicate which Section you prefer by placing a 1 in your first choice and a 2 in your second choice of sections.
7. If classes become full, your registration will be placed on a waitlist. Waitlisted participants will be filled on a first come, first served basis
8. Please fill out the **entire registration form** and indicate whether you are a returning or new participant.

Return completed form to:

**Burke/West Springfield CWoW c/o  
David R. Pinn Community Center  
10225 Zion Dr. Fairfax, VA 22032**

**For Questions or comments please call 703-250-9181**

Name: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Emergency Contact: \_\_\_\_\_ (Name) \_\_\_\_\_ (Phone)

Liability Waiver: I recognize that there are risks inherent in participating in recreational activities and agree to hold harmless the County of Fairfax, Department of Neighborhood and Community Services, and their officers, employees, and volunteers from any and all claims for bodily injury and/or property damage that result from my participation in any activity in this pilot program.

Have you enrolled in any Center Without Walls Programs before? (please circle one)	Yes/No
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Place (X) in each class in which you would like to enroll	Class	Date and Time	Fee All classes \$5 County Resident \$10 Out of County
	Yoga (Section I)	Tuesdays 10am – 11am	
	Yoga (Section II)	Fridays 10am – 11am	
	Tai Chi (Section I)	Wednesdays 1pm – 2pm	
	Tai Chi (Section II)	Wednesdays 2pm – 3pm	
	Line Dance Club Section I	Tuesdays 10am – 12pm	
	Line Dance Club Section II	Fridays 10am – 11:30am	
	Line Dance Club (Beginner)	Saturdays 10am – 12pm	No Class 4/30 and 5/14
	Self-Defense	Tuesdays 12:30pm – 1:30pm	
	Square Dancing	Tuesdays 1:30pm – 3pm	
	Computer Basics	Wednesdays 1pm – 2pm	
	Running/Walking Club	Thursdays 10:30 – 12pm	
	Mah Jong	Tuesdays 10am – 12pm	
	Zumba	Thursdays 3pm – 4pm	

Time Stamp	# of Classes Requested	Amount Paid	Refund Required	Amount of Refund
			Yes/No	

